

ANXIETY JOURNAL

This Book Belongs To

My Anxiety

3 THINGS THAT TRIGGER MY ANXIETY

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3 THINGS I TEND TO HAVE WHEN ANXIOUS

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3 PHYSICAL SYMPTOMS I HAVE WHEN ANXIOUS

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Anxiety Checklist

Anxiety Checklist

"I act with confidence because I know what am doing.

"I am different and unique, and that is OK."

"I am safe in the company of others."

"Day by day, minute to minute am capable and prepared"

"I am prepared and ready for this situation."

"People assume can do this, know I can and I will."

"I am at ease when talking to other people."

"I have survived my anxiety before. I will survive it now"

Dream Journal

Today's Date:

Where: Location/Place:

When: Time Of Day/Season:

Are You Alone:

Are Recurring themes, Landscapes or Objects:

[illegible]

ANALYZE YOUR MOOD

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Day Overview							
People I Met Today							
Track Your Mood	Joyful	Joyful	Joyful	Joyful	Joyful	Joyful	Joyful
	Happy	Happy	Happy	Happy	Happy	Happy	Happy
	Hopeful	Hopeful	Hopeful	Hopeful	Hopeful	Hopeful	Hopeful
	Exhausted	Exhausted	Exhausted	Exhausted	Exhausted	Exhausted	Exhausted
	Irritated	Irritated	Irritated	Irritated	Irritated	Irritated	Irritated
	Sad	Sad	Sad	Sad	Sad	Sad	Sad
	Guilty	Guilty	Guilty	Guilty	Guilty	Guilty	Guilty
	Depressed	Depressed	Depressed	Depressed	Depressed	Depressed	Depressed
	Stressed	Stressed	Stressed	Stressed	Stressed	Stressed	Stressed
	Loving	Loving	Loving	Loving	Loving	Loving	Loving
	Envious	Envious	Envious	Envious	Envious	Envious	Envious
	Jealous	Jealous	Jealous	Jealous	Jealous	Jealous	Jealous
	Shamed	Shamed	Shamed	Shamed	Shamed	Shamed	Shamed
	Lonely	Lonely	Lonely	Lonely	Lonely	Lonely	Lonely
	Appreciated	Appreciated	Appreciated	Appreciated	Appreciated	Appreciated	Appreciated
Others							

Deep Breath Assistance

[illegible]

Being Present

Smell	Hear	Touch
Taste	See	Emotionally

Habit Tacker

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Week of:

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Week of:

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Week of:

My Mindset

Thoughts That Help Me Grow

Thoughts That Won't Help Me Grow

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[illegible]

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[illegible]

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[illegible]

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[illegible]

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Doctor Visits

[illegible]

Medication Tracker

[illegible]

Therapy Notes

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Important

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Notes
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Appointments

Month:

[illegible]

Notes

Mood Tracker

Mood:

Date:

Time:

My Emotions:

Highlights of the day

Things that can be improved

What Made Me Feel That Day?

Stress Factor

[illegible]

Chance Mindset

[illegible]

My Goals

Goal:	Start:	End:
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My Goal: _____

Reaching My Goals	Things that Will Help To Reach My Goal
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_____	☐
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Notes: _____

Yearly Life Goals

January	February	March
April	May	June
July	August	September
October	November	December

[illegible]

Breathing Tracker

[illegible]

[illegible]

Notes